



into this, this pot together, my hour and a half there and back that I usually spend on commute that's gone. So I've got more time to exercise. So I would say start with 30 minutes and work up from there because I find that time spent and exercise means the time I spend in work is

Apps that can help

stereo and you know, kind of get rowdy and get excited and lift heavy weights. That's good. But I also find that doing some yoga is beneficial because it's just the opposite. It's quiet, it's it's time to shut out all of the external stresses. Let's face it, the the stress in this situation, we're foolish if we don't recognize it in the room. We're home not just because we want to be but

our family members to be as fit as we can, so that we can more, I guess more effectively insulate ourselves from it. You can't completely prevent it, but it could. It certainly couldn't hurt.